

NORMANDY PRESS PACK



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Travelling to Normandy

If you fly from Nordic countries to Paris Charles de Gaulle Airport or to Paris Orly Airport, you'll either have to rent a car to travel to Normandy or take a taxi to one of the Paris' train stations. It's also possible to travel from Paris to Normandy by train.

Editorial

Normandy, for sustainable tourism

Pressing issues now affecting everyone make it necessary for all of us to question the impact we make on the environment, on the economy, on society, socially... Tourism, given its economic importance and expansion, is fully implicated in such considerations. All the more so in 2021.

The Normandy Tourist Board is fully aware that today's visitors and those of the future will come with expectations and demands as regards such environmental and societal issues, and that we should play our part in contributing to much-needed changes.

Across the world, individual and institutional initiatives are emerging to conserve the resources of the planet.

Normandy is committed to sustainable development in order to collectively prepare for the tourism of tomorrow. It is our responsibility to stand alongside professionals, encouraging them to be more responsible in this regard, and to improve what they have on offer to the visiting public. These green initiatives will enable us to better manage the flow of tourists and to limit the environmental effects that risk overwhelming our ecosystems. Tomorrow's generations will be increasingly demanding how Normandy can be visited without having to fall back on the car. Responsible tourism has been identified by the Normandy Tourist Board as one of its key values. Taking on this initiative, we wish to open up a dialogue with our visitors and all those involved in choosing our services and products.

Now is the time to rediscover destinations close to home that are easily accessible and to head off the beaten track, to forge links with local people, enjoying the exchanges, the sense of sharing and the authenticity that come from such encounters.

Discover a new form of inspiration in Normandy!

www.normandy-tourism.org

The tourist offers featuring a little green leaf are committed to environmentally friendly, sustainable tourism.



Bicentenary of the birth of the great Normandy author Gustave Flaubert

April
2021 -
June
2022



Statue flaubert © JF Lange

The year 2021 sees the celebration of the bicentenary of the birth of Gustave Flaubert. His arrival into the world and his life in Normandy, together with his attachment to the region, especially as a place where part of his writing is set, make Flaubert an exceptional writer in Normandy's history.

From April 2021 to June 2022, some 40 events will be staged across Normandy for the general public to enjoy, including exhibitions, shows, conferences, informative events, guided tours and theatrical walks...

www.flaubert21.fr



Biography of Gustave Flaubert

1821: Gustave Flaubert is born in Rouen. In childhood, he lives at Rouen's Hôtel-Dieu, or hospital, where his father is head surgeon. Having embarked on law studies in Paris, Gustave gives up on them to dedicate himself to writing.

1857: Publication of Gustave Flaubert's novel *Madame Bovary*, an instant sensation! Further masterpieces follow, as Gustave comes to be regarded as the inventor of the modern novel.

1844: Gustave sets up his writing studio in his garden pavilion at Croisset, beside the Seine just west of Rouen. Living from private means, he divides his time between stints in his Normandy studio, regular stays in Paris and the odd trip abroad.

1880: Gustave dies at Croisset.

Musée Flaubert et d'histoire de la médecine

This museum, located in the house where Gustave Flaubert was born, has a dual vocation, being both medical and literary! Visitors can see Gustave's bedroom, containing a few childhood mementoes as well as family portraits. You can also view startling, unique historical collections of medical equipment and re-creations, including of a cabinet of curiosities and an apothecary's. End your tour in the medicinal plants garden.

www.chu-rouen.fr/le-chu/culture-et-patrimoine/le-musee-flaubert/



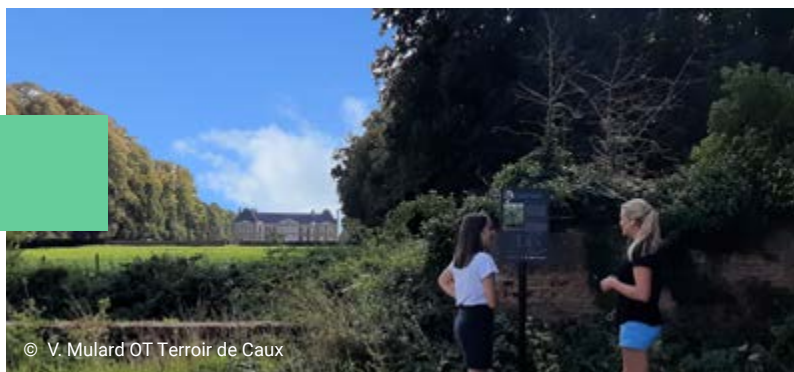
Musée flaubert © Rouen Normandie tourisme JF Lange

Salammbô Exhibition at Rouen Museum of Fine Art, in 2021

From 30 April to 20 September 2021, the Musée des Beaux-Arts de Rouen is staging an exhibition entitled 'Salammbô' to mark the bicentenary of Gustave Flaubert's birth. This exhibition's main themes revolve around the power of creativity and the impact a work by Flaubert could have on his period's art and cultural production.

Flaubert's historical novel Salammbô, set in 3rd century BC Carthage, presented a vision of an idealised, exotic, sensual, enchanting Orient, but also one marked by violence and oppressive heat. The exhibition displays 250 works gathered from public and private French and European collections, including pieces from the Louvre and the Musée National d'Art Moderne-Centre Pompidou. Archaeological discoveries from Carthage will add to the range of this exhibition, organised in association with Marseille's Mucem and Tunisia's Institut National du Patrimoine Culturel de Tunis.

www.mbarouen.fr



A literary walk to immerse yourself in Gustave Flaubert's most famous novel, Madame Bovary

From 2021, leaving from Vassonville, the 12km hiking circuit or loop entitled L'Arbalète et le Bosmelet, laid out and signposted by the Office de Tourisme Terroir de Caux, will be enriched by cultural additions to enhance your literary discoveries on a special trail, 'A la Rencontre de Flaubert'.

This trail, taking you via a plain, a section of the French national GR210 hiking path, and a portion with views of the Château de Bosmelet, will be dotted with six interpretive panels and provide downloadable sound tracks, bringing together the places you pass through with relevant sections from the novel Madame Bovary.

Hiking loop L'Arbalète et le Bosmelet – 12km – 3hrs

www.quibervillesurmer-auffay-tourisme.com

Following in Flaubert's footsteps through Normandy

Head out to discover Flaubert in Normandy:

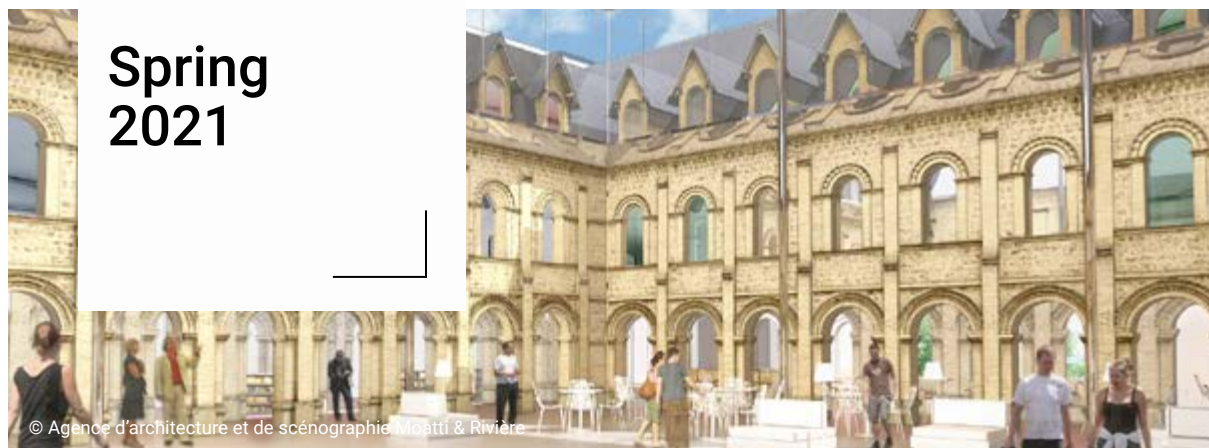
- at the Musée Flaubert de Rouen (the writer's birthplace),
- at the Pavillon de Croisset at Canteleu (the writer's studio beside the Seine),
- at Trouville, where Flaubert stayed 15 times during summer seasons from 1834 on, and along the Côte Fleurie (as he also stayed in Deauville and Honfleur)

Plunge into the settings of Flaubert's novels:

- in Le Havre (L'Education Sentimentale / Sentimental Education)
- in Tôtes and the surrounding area (Tostes in the novel Madame Bovary)
- in Pont l'Évêque, Trouville and Honfleur (Un cœur simple / A Simple Heart)
- in Falaise and Caen (Bouvard et Pécuchet)
- in Lyons-la-Forêt (used in 1991 as the setting for the filming of the movie Madame Bovary, directed by Claude Chabrol)

Opening of Les Franciscaines, an innovative cultural venue in Deauville

Spring
2021



© Agence d'architecture et de scénographie Moatti & Rivière

In Spring 2021, a new cultural venue called Les Franciscaines is opening its doors in Deauville. Housed in buildings dating as far back as 1876 and originally made for a congregation of Franciscan sisters, it now contains a variety of spaces covering 6,500m² in total that include a multimedia library, a museum, an auditorium in the former chapel with 250 seats, conference rooms, a fab lab, a 400m² atrium, a cafeteria and a shop. All these spaces and the way they interrelate will create a unique, multi-purpose venue, and a permanent cultural scene in Deauville.

The project to develop Les Franciscaines

Constructed from 1876, this convent for Franciscan sisters served by turns as an orphanage, a school and a hospital, as well as the place where the sisters lived. Now, the renovated buildings harmoniously combine tradition and modernity. The project, while preserving the place's past identity and respecting its history, also demonstrates a very contemporary approach, grafting cutting-edge architectural additions onto the old walls, for example with the Haut-Portail at the entrance, equipped with an immense digital screen that greets visitors on arrival.

An innovative, hybrid cultural venue

In this new cultural venue, the various spaces interconnect. For example, in the heart of the multimedia library you'll find an exhibition area that's free to visit and focuses on themes dear to Deauville, such as memories of the beach resort, horses, the arts and shows, as well as a certain stylish way of living associated with the place!

The collections on display consist of paintings and art objects from the 19th and 20th centuries, including a few Impressionist works, along with exceptional photographs (from the Deauville festival, Planches Contact).

One museum space is specifically dedicated to works by the figurative painter André Hambourg (1909 – 1999). In addition to the permanent exhibitions, Les Franciscaines will also put on three temporary exhibitions a year, for which there will be an entrance fee. Interactive stations will allow visitors to create their own digital exhibitions, to be projected on the screens in the Great Gallery. Guided tours will be put on by staff at Les Franciscaines as well as by Deauville Tourist Office.

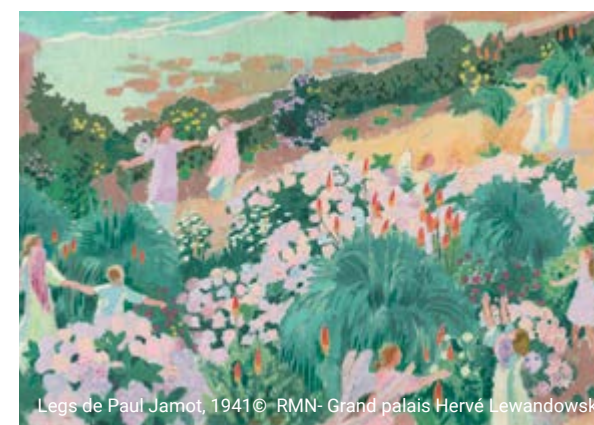
<https://lesfranciscaines.fr>

www.indeauville.fr

**A tip to bear in mind:
Deauville is easy to get
to by train from Paris.**



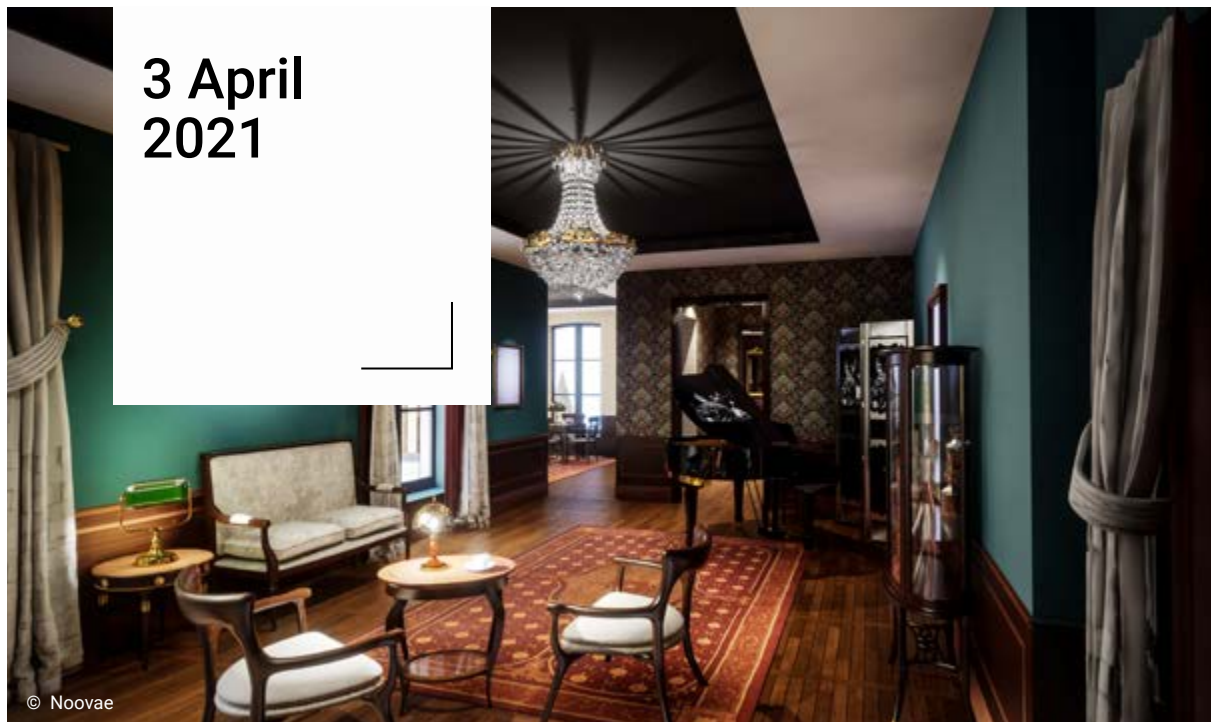
© Agence d'architecture et de scénographie Moatti & Rivière



Legs de Paul Jamot, 1941 © RMN- Grand palais Hervé Lewandowski

Villa du Temps Retrouvé a new tourist site opening in Cabourg

3 April
2021



© Noovae



© Noovae

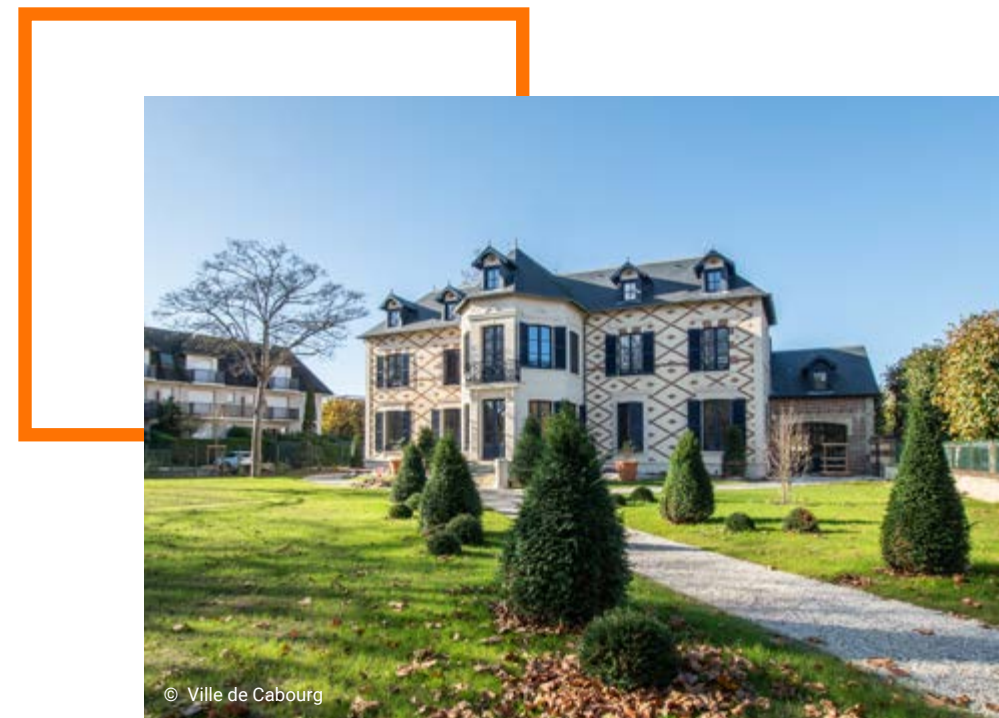
This new tourist site highlights the urban and cultural heritage of the seaside town of Cabourg on Normandy's Côte Fleurie, in particular presenting the riches of the Belle Epoque period up to the First World War, when the resort experienced its golden age. The great author Marcel Proust, who spent every summer between 1907 and 1914 in Cabourg, acts as guide and inspiration to what you'll find inside. La Villa du Temps Retrouvé includes three separate spaces: one dedicated to the interpretation of the town's architecture; a space immersing you in the resort's Belle Epoque atmosphere; and an area for temporary exhibitions (a new display featuring every year).

The tea room and gardens at the Villa du Temps Retrouvé will add to visitors' enjoyment of the place.

Count around 1hr 30mins for your visit. You can take in the tour in several different languages.

villadutempsretrouve.com

www.cabourg-tourisme.fr



© Ville de Cabourg



Unmissable trips to Normandy



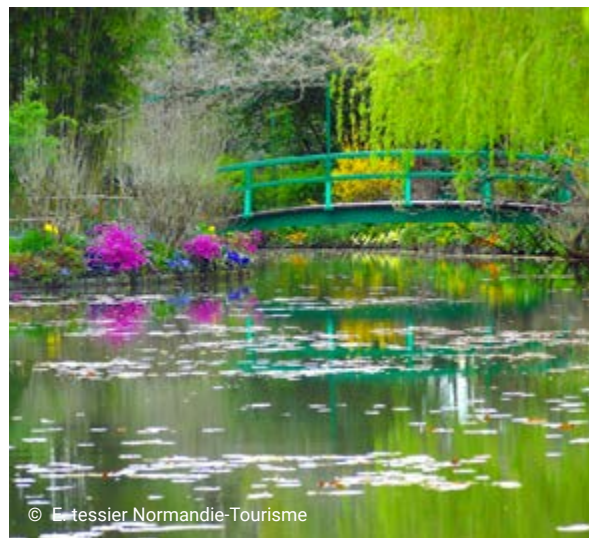
Trips to discover Normandy's great sites!

1. Giverny

Just a short distance from Paris, this quaint artists' retreat on the banks of the River Seine became the home of Claude Monet, father of the Impressionist movement who lived in Giverny from

1883 until his death in 1926. His world-famous house and gardens plus the Musée des Impressionismes can be visited today.

www.cape-tourisme.fr



Ecological accommodation: the **Domaine du Centaure** is a round wooden ecological house that rotates with the sun to make the very most of the daylight! Classified in 2017 as Clef Verte accommodation, thanks to its ecological credentials, the house boasts four light, spacious B&B rooms.

en.ledomaineducentaure.com



2. Rouen

A veritable Museum-City on the banks of the Seine, Rouen guarantees to make an impact with its medieval half-timbered houses, its paved streets, its gothic churches and Notre-Dame cathedral. Artists flocked to this port city where Joan of Arc was burned at the stake.

www.rouentourisme.com

3. The Alabaster Coast: Dieppe, Etretat, Fécamp

Etretat is a romantic seaside village on the Côte d'Albâtre overlooking the Channel. It is a constant source of inspiration to artists and writers with its dramatic white cliffs and chalk needle. The seaside resorts of Fécamp, with its famous Palais Bénédictine, and Dieppe, with its marina, are well worth a visit too.

www.dieppetourisme.com

www.fecamptourisme.com

www.lehavre-etretat-tourisme.com

4. Le Havre

This major European port combines the attractions of a modern, vibrant city with the charm of a seaside resort. Rebuilt in modernist postwar style by Auguste Perret, the concrete poet, Le Havre is recognised by UNESCO as a World Heritage Site.

www.lehavre-etretat-tourisme.com

5. The Flowered Coast

The seaside towns of **Honfleur**, **Trouville**, **Deauville** and **Cabourg** to name but a few, along the Côte Fleurie, were made popular in the 19th century when sea bathing became a fashionable pastime which has continued to this very day.

www.trouvillesurmer.org / www.indeauville.fr

www.cabourg-tourisme.fr / www.ot-honfleur.fr

A Normandy Experience:

Glide across the sea, passing under the famous natural arches that have formed in the cliffs at Etretat... on a paddleboard!
<http://bit.ly/paddle-etretat>

6. Lisieux

Lisieux, the second most visited site of pilgrimage in France after Lourdes, is dedicated to Sainte-Thérèse. The Basilica was built in her honour and remains the largest church built in France during the 20th century. www.lisieux-tourisme.com

7. Caen

A thriving modern city that is rich in history, Caen boasts outstanding historical sites from William the Conqueror's Ducal Castle, the Abbaye aux Hommes and Abbaye aux Dames, to the Mémorial de Caen a Peace Museum which takes an in-depth look at 20th century history. www.caenlamer-tourisme.fr

Environmentally-friendly accommodation: the Best Western hotel, *Le Moderne*, in Caen city centre, is committed to sustainable tourism. Its environmental efforts have been recognised with the awarding of the Clef Verte label. www.hotel-caen.com

8. Bayeux

With its narrow cobbled streets and cathedral at its heart, Bayeux is the perfect example of a medieval Norman town. It is also home to the world-famous Bayeux Tapestry, a UNESCO World Heritage Site. bayeux-bessin-tourisme.com

9. The D-Day Landing Beaches

Normandy's Channel coast is world-famous for the part it played on 6th June 1944, when Allied troops broke through Nazi defences

to change the course of World War II. The Allies launched simultaneous landings of U.S., British, Canadian and French forces on five separate beaches codenamed Sword, Juno, Gold, Omaha and Utah. www.normandy-dday.com

The Juno Beach Centre is striving to reduce its environmental impact significantly, setting ambitious annual targets for carbon reduction. www.junobeach.org

A Normandy experience: go on a guided tour of Omaha Beach and its surrounding area on a fat bike, a type of bicycle that allows you to ride effortlessly across the sands! <http://bit.ly/fat-bike-omaha-beach>

10. The Mont-Saint-Michel

The Mont-Saint-Michel remains an international place of pilgrimage to this day and with its Bay is included on the UNESCO list of World Cultural and Natural Heritage sites. This medieval architectural wonder dominates the surrounding landscape, rising out of the bay, which provides the natural show of the greatest tidal ranges in Europe. At high tide, the Mont-Saint-Michel becomes an island – a visual spectacular! www.ot-montsaintmichel.com

Normandy experiences: discover the Bay of the Mont Saint-Michel by foot, either on an accompanied 'Afghan walk' (involving breath-conscious hiking), or then on a guided crossing! <http://bit.ly/walking-bay-mont-saint-michel>

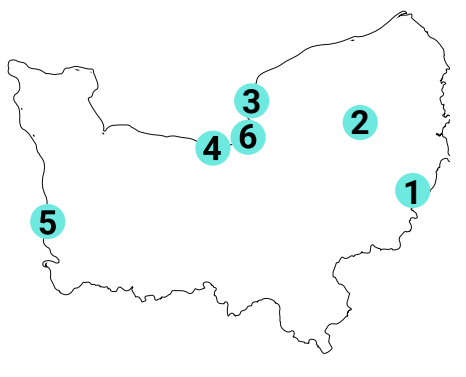


Direct trains connect Paris with several towns in Normandy (Caen, Vernon-Giverny, Bayeux, Rouen, Le Havre, Deauville-Trouville, Lisieux, Pontorson-Mont-Saint-Michel). So, come and discover Normandy without using a car!





Artistic trips to Normandy



Across Normandy, follow in the footsteps of artists inspired by the region.

1. GIVERNY, in Claude Monet's footsteps
Claude Monet and his family settled in Giverny in 1883. The great artist lived here until his death in 1926. He was inspired by the beauty of his own gardens as well as the landscapes around the Seine so close by.

Visit: Claude Monet's house and gardens;
the Musée des Impressionnismes.
www.cape-tourisme.fr

A Normandy experience:
Experience a cruise on the Seine with
Dominique, who's passionate about the
great river's natural landscapes, then stay
in a waterside hotel!
<http://bit.ly/seine-cruise>

Ecological accommodation:
the [Manoir de Surville](http://www.manoirdesurville.com), run by a young
Franco-Belgian couple, combines the
charm of a 16th-century family estate
with the comforts of a **** hotel with
spa and swimming pool. Classified as
Clef Verte accommodation, thanks to its
green credentials, this hotel is committed
to protecting the environment and to
putting slow food to the fore!
www.manoirdesurville.com



2. ROUEN & 3. LE HAVRE, in the footsteps of Impressionist painters

In 1872, Claude Monet painted a canvas entitled
'Impression, soleil levant' (Impression, Sunrise) at the
port of Le Havre. This painting would give its name to an
entire artistic movement, Impressionism.
www.lehavre-etretat-tourisme.com

A Normandy experience: try your hand at a recipe inspired
by Claude Monet's cookery books, ably assisted by a chef
at a Norman manor! <http://bit.ly/monets-recipes>

Camille Pissarro, Alfred Sisley, Claude Monet... many
Impressionist artists were inspired by the streets in the
historic city of Rouen. Now, it's even possible to take
painting classes in the former studio Claude Monet set
up opposite the cathedral in order to paint its façade in
his series of works capturing it in different lights.
www.rouentourisme.com

Visit: the Musée Malraux in Le Havre;
the Musée des Beaux-Arts in Rouen.

Two environmentally-friendly places to stay in town:
[Rouen's HI Youth Hostel \(Auberge de Jeunesse\)](http://www.hifrance.org/auberge-de-jeunesse/rouen.html) provides
an exceptional setting in terms of accommodation. Set in
a former textile dyeing factory just a few minutes from the
historic centre of Vieux Rouen, it's committed to sustainable
tourism and has been awarded the Clef Verte label.
<https://www.hifrance.org/auberge-de-jeunesse/rouen.html>

Opposite Le Havre train station, right in the centre of town,
[the Nomad Hotel](http://www.nomad-hotels.com/hotel/le-havre) has been investing in environmentally-
friendly measures. With its solar panels and use of recycled
materials and recycled rainwater, the whole concept and
workings of this hotel revolve around sustainable
considerations. www.nomad-hotels.com/hotel/le-havre



4. CABOURG, in Marcel Proust's footsteps

The great writer Marcel Proust would come and settle at the Grand Hôtel de Cabourg every summer from 1907 to 1914. He spent much of his time here writing the many volumes of his masterpiece, *A la Recherche du temps perdu* (*In Search of Lost Time*). In his novels, the resort of Cabourg is transformed into Balbec. In spring 2021, the Villa du Temps Retrouvé opens its doors in Cabourg, putting on temporary exhibitions of works evoking the Belle Epoque period.

Visit: the Grand Hôtel de Cabourg;
the Villa du Temps Retrouvé.
www.cabourg-tourisme.fr

5. GRANVILLE, in Christian Dior's footsteps

Christian Dior spent his early years in the family villa of Les Rhumbs in Granville, the seaside town where he was born in 1905. Later, he would spend holidays at the resort, which provided him with much inspiration. Today, the family villa is home to the Musée Dior. This museum displays collections created by Dior, in a remarkable building surrounded by a garden with splendid sea views.

Visit: the Musée Christian Dior.
www.tourisme-granville-terre-mer.com

6. DEAUVILLE, in Coco Chanel's footsteps

Coco Chanel came to Deauville with her partner Arthur Capel, a wealthy businessman, developing her tailoring activities here, opening a boutique in the resort in summer 1913. Inspired by sailors' outfits, she created practical, lovely-looking casual clothes for women and revolutionised the female figure.

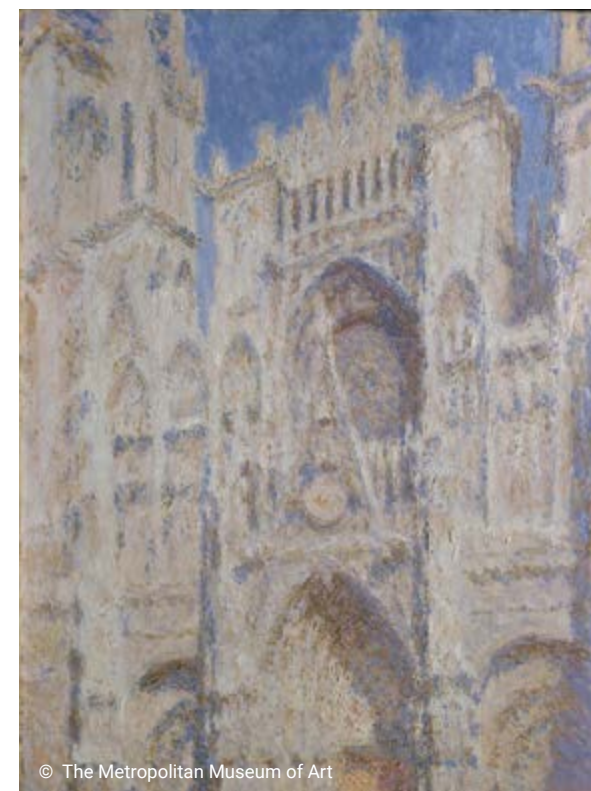
"I liberated women's bodies,"

Coco Chanel once said. Today, a little plaque carrying an image of her indicates the location of her first Deauville shop. Still today, the resort of Deauville, with its seaside villas, casino, racecourse and many luxury boutiques (normally open every day of the year), remains the epitome of French elegance and chic!

Visit: the shops in the centre of the resort and the famed boardwalk, the Promenade des Planches.

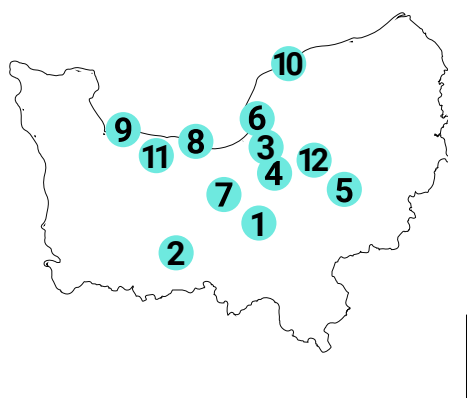
www.indeauville.fr

All these towns can be reached
by train or other forms of
public transport from Paris. So,
why not go for the sustainable
option and come to Normandy
without a car!





Gastronomic trips to Normandy



The three Cs (cider, calvados and camembert) are the main emblems of Normandy gastronomy! However, there are many more culinary secrets to discover across the region...

1. CAMEMBERT, AND MUCH MORE BESIDES...! – 4 NORMANDY CHEESES

Famous for its dairy produce, Normandy is home to four of France's favourite cheeses, all carrying the prestigious A.O.C. quality-certification: Camembert, Livarot, Neufchâtel and Pont-l'Évêque. Many farms welcome visitors to sniff out the history and take a tour. The A.O.C. butter and cream produced at Isigny-sur-Mer are renowned for their distinct flavour - the local cream is best known as crème fraîche and is a favourite in Norman cuisine. For those with a sweet tooth, the salted Caramels d'Isigny are a Norman delicacy not to be missed!

Visit: [La Ferme du Champsecret \(2\)](#), making organic camembert using traditional methods.
www.fermeduchampsecret.com



THE PAYS D'AUGE, AN APPLE PARADISE...

In addition to the delicious apple tarts that feature in every pâtisserie, the Normans have devised some excellent ways to use their plentiful crops of apples and pears. Normandy is the second major cider region in France and the only region that still produces Poiré (Perry) - a light refreshment made like cider but using pears instead of apples. Calvados is Normandy's most famous apple spirit whereas Pommeau is a nice apple aperitif.

Visit: **Calvados Experience (3)**, a temple to calvados – www.calvados-experience.com, the **Château du Breuil (4)**, with its magical atmosphere – www.chateau-breuil.com And for organic, engaged cider, try the **Manoir du Val (5)** at Mesnil-en-Ouche – www.manoirduval.fr or the **Manoir d'Apreval (6)** at Pennedepie www.apreval.com. Discover Normandy's first vineyard at **Les Arpents du Soleil** in Saint-Pierre-sur-Dives (7)! www.arpents-du-soleil.com



SEAFOOD

Normandy's 600 kilometres of coastline host some of France's most important fishing ports. From lobster to oysters and from scallops to herring, Normandy's cuisine is irresistible to any seafood-lover!

Normandy experiences: Experience gathering sea food on foot at Luc-sur-Mer (8), or learn about the life of an oyster farmer in the Bay des Veys at Grandcamp-Maisy (9)! <http://bit.ly/gathering-seafood-on-foot>

<http://bit.ly/food-in-Normandy>



Normandy gastronomy off the beaten tracks

A Normandy experience:

An initiation to cocktail-making at the Palais Bénédictine!

Come and learn how to prepare cocktails at the Palais Bénédictine in Fécamp (10), the only place in the world where the liqueur Benedictine is made. Start with a tour of the Palace, learning about the different stages involved in the making of the spirit. Then enjoy a workshop, concocting delicious mixtures based around Benedictine. Relish the tasting!

<http://bit.ly/cocktail-benedictine-palace>

A Normandy experience:

A gourmet outing by bike!

Leaving from Bayeux (11) by bike, accompanied by your guide, head off along the Normandy coast on roads and paths suitable for cyclists, enjoying culinary stops along the way, pausing at a biscuit-maker, an oyster bar, a snail farm, a cider maker, etc... All is geared to making sure you savour the mix of cycling and culinary marvels! Bon appétit!

<http://bit.ly/gourmet-cycling-tour>

Nature's treasures: Normandy saffron (12)!

Myriam cultivates this precious spice showing the greatest respect for the environment and ensuring an exceptional quality to her harvest. She's delighted to receive visitors, explaining all the stages involved in her organic production here and how to cook with saffron. As an extra treat, it's possible to stay in one of the Domaine's seven rooms.

www.domainedegauville.fr



© Marie-Anais Thierry Olympict



© Hofschulz Shoppa Photography



© D. Dumas Normandie-Tourisme



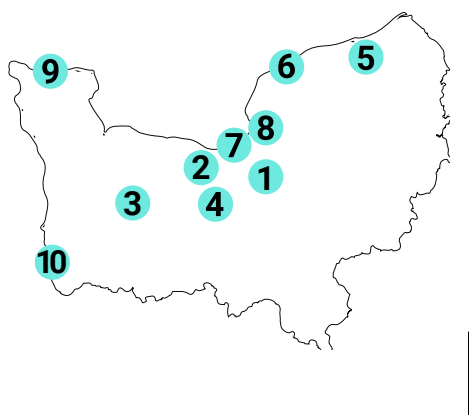
© D. Dumas Normandie-Tourisme



© T61



Family trips to Normandy



Beside the sea and in the countryside, Normandy invites you, as a family, to make surprising discoveries and enjoy fascinating adventures!

In the countryside:

A Normandy experience:

1. A weekend safari in a zoological park near the city of Lisieux

The Cerza Zoological Park, outside the town of Lisieux, offers stays in its eco-lodges, providing panoramic views of the areas reserved for the animals. Come dawn, embark on the Safari Privilege tour with a zookeeper, following them on their working day. The daily plan includes: feeding spectacled bears and deer; observing animals close up, showing mutual respect for each other; and discussing the work carried out here on species preservation.

<http://bit.ly/safari-adventure-cerza>

A Normandy experience:

2. Immerse yourselves in Viking life at Parc Ornavik, near Caen

Come and meet the Vikings in an immersive historical park! They settled in Normandy in the 10th century. Now, thanks to people passionate about historical reconstructions, learn here about how the Vikings lived and the skilled professions they developed, even trying your hand at wielding their weapons... in a very safe environment, of course! Enjoy an unforgettable journey back in time!

<http://bit.ly/ornavik-Normandy>

A Normandy experience:

3. Thrills guaranteed at La Souleuvre Viaduct

The Viaduc de la Souleuvre is the perfect place for young people who enjoy exhilarating activities, what with its zipwire, giant swing and bungee jumping! For youngsters, there's a tree-top assault course suitable for children from 3 years of age upwards. A year-round tobogganing track (on rails) adds to the range of activities on offer.

Do visit one of the cafés at the foot of the viaduct, surrounded by the wild screams of joy and excitement from those enjoying the rides!

<http://bit.ly/souleuvre-viaduct>

4. A 3D visit around the Château de Falaise

Tablet in hand, take a tour of William the Conqueror's castle in Falaise, discovering each room as it would have looked in the Middle Ages. The tablet, functioning like a time machine, will help you understand medieval ways of living.

Plus there's a treasure hunt to entertain young and old alike!

www.chateau-guillaume-leconquerant.fr

A Normandy experience:

5. From garden to plate at the Château de Miromesnil

Enjoy château life with the family over a weekend! After a good night's sleep in the castle's B&B rooms, the children can accompany Nathalie, the owner, to her kitchen garden, to pick seasonal vegetables and then prepare an entirely natural soup made from local ingredients. This stay offers you the chance to enjoy convivial, traditional ways in an unspoilt natural setting, in the midst of wooded grounds where dwarf goats graze!

<http://bit.ly/family-stay-miromesnil>

Beside the sea:

A Normandy experience:

6. Lend a hand sailing an historic vessel from Fécamp

Departing from Fécamp, embark on a trip aboard the Mil'pates, an historic sailing vessel, even taking part in some of the manoeuvres as you sail along admiring the Côte d'Albâtre's chalk cliffs from the sea. All aboard!

<http://bit.ly/sailing-in-fecamp>

7. Discovering dinosaurs in Villers-sur-Mer

Through dappled light, in an atmosphere conjuring up Jurassic creatures, spot great carnivores and herbivores from Normandy's very distant past at the Paléospace in Villers-sur-Mer! The fossilised remnants of these huge animals were discovered in Normandy, a first in France! The Paléospace also boasts a planetarium, taking you on a 360° voyage across the Milky Way, with commentary included.

www.paleospace-villers.fr

8. The magic of butterflies, at Honfleur

This greenhouse full of tropical butterflies and exotic birds displaying their spectacular variety of colours will enchant young and old alike.

www.naturospace.com

9. The Cité de la Mer in Cherbourg

This maritime museum is packed full of surprises: a decommissioned nuclear submarine; Europe's deepest aquarium; a gallery displaying machines invented to explore the marine depths; and an exhibition dedicated to the Titanic, which made its last stop on the European continent at Cherbourg... Embark on an extraordinary maritime adventure!

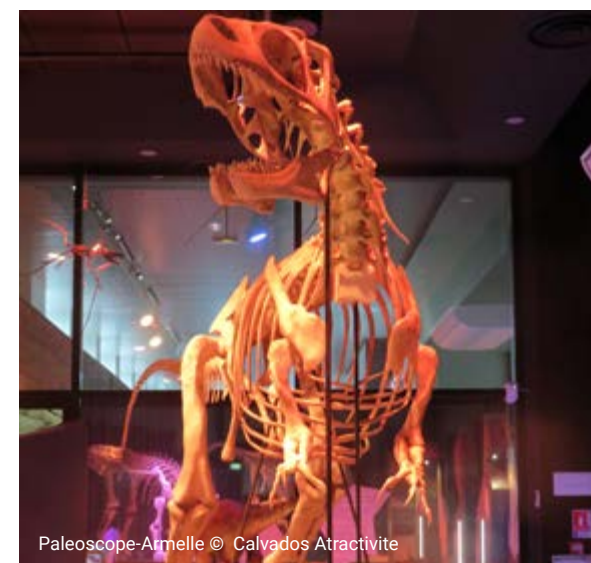
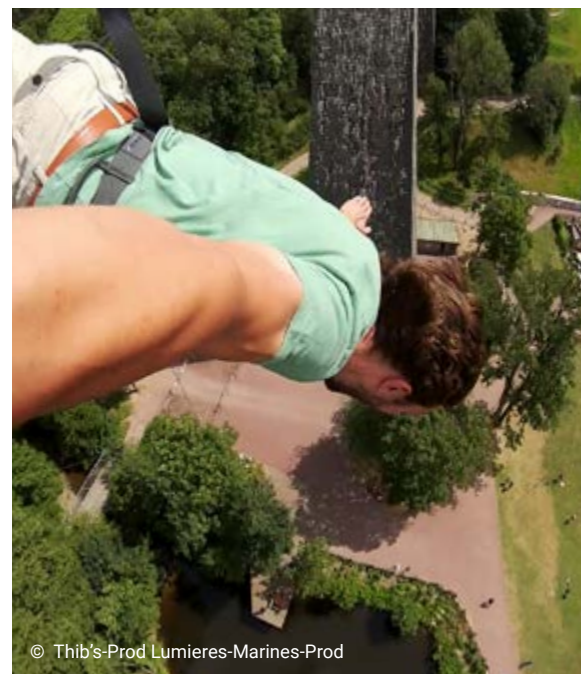
www.citedelamer.com

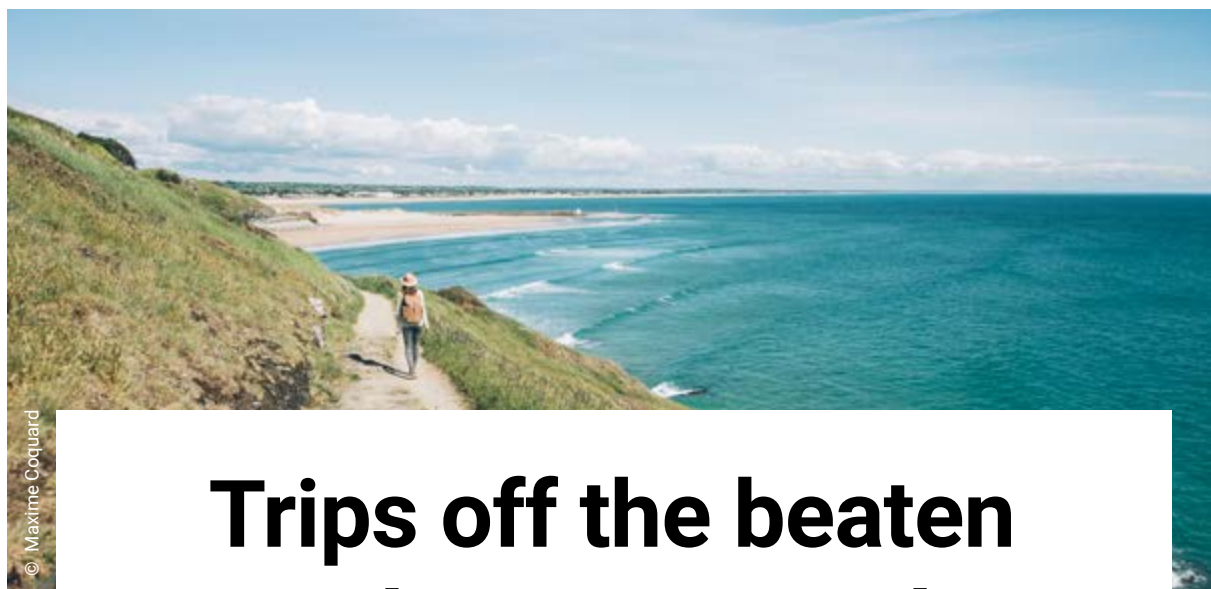
A Normandy experience:

10. Get close to nature in the Bay of the Mont Saint-Michel

At Yves and Sylvie's farm, stay in a Lit au Pré® chic, spacious glamping tent and enjoy a taste of life on a Normandy farm! With Sylvie, who's also an accredited guide, take off your shoes and socks to make the most of a guided walk across the Bay of the Mont Saint-Michel, learning about its flora and fauna, as well as its quicksands. Prepare for an extraordinary adventure!

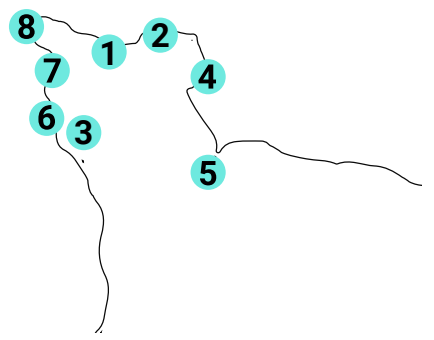
<http://bit.ly/experience-bay-mont-saint-michel>





© Maxime Coquard

Trips off the beaten track in Normandy: the Cotentin Peninsula



Standing apart in western Normandy, the Cotentin Peninsula advances boldly into the Channel, buffeted by waves on three sides, its wild coasts cut through by deep, green valleys. But the Cotentin can also prove a haven, a place full of refreshing country air...

1. CHERBOURG, capital of the Cotentin

On the northern end of the Cotentin Peninsula, the town of Cherbourg looks out onto the second-largest artificial harbour in the world. Both a commercial and a fishing port, Cherbourg is also known for its maritime museum, the Cité de la Mer, as well as for its luxury craft umbrellas. www.encotentin.fr

Hiking along the Sentier des Douaniers coastal path

The French national hiking trail, the GR 223, also known as the Tour du Cotentin, stretches from Isigny-sur-Mer to the Mont Saint-Michel, offering over 25 days' worth of hiking! This path allows you to discover the Cotentin's wild and varied maritime landscapes, from quiet coves, such as Port-Racine, to headlands whipped by the winds, like the Nez de Jobourg. www.manchetourisme.com/gr223

By bike along the Vélomaritime

La Vélomaritime is a 1,500km cycle route that runs from the port of Roscoff in Brittany to Dunkirk in the Hauts-de-France Region. It follows coastal roads and country trails through the Cotentin, great for inexperienced as well as seasoned cyclists. So, get on your bikes! www.lavelomaritime.fr



© Jerome Houyvet

2. WHERE TO STAY?

The Fort du Cap Lévi offers truly unique, unusual accommodation, perched on its cliff. It boasts a conservatory breakfast room dominating the sea, benefiting from unbeatable views! Located along the GR 223 hiking trail where it leads to Cap Lévi Lighthouse, this is a perfect spot to stay, enjoying invigorating sea air on the edge of the world! www.fortducalevi.fr



© Emmanuel Berthier

Tasty stops!

The Cotentin also has many gastronomic secrets for you to unearth. **The Maison du Biscuit**, located at Sortosville-en-Beaumont (3), has recreated the façades of a traditional village on the front of its shop selling local produce, focusing in particular on traditional craft biscuits.
www.maisondubiscuit.fr

At Saint-Vaast-la-Hougue (4), voted France's favourite village in 2019, you come to one of the country's most renowned oyster-producing areas! Sample the best Cotentin oysters in **the Lesdos oyster bar in Saint-Vaast-la-Hougue**.
www.huitres-st-vaast.com

Finally, to go with your oysters, what better than Cotentin cider, awarded Appellation d'Origine Contrôlée status in October 2016? This robust cider isn't pasteurised or overly sweet, but contains refreshing notes and just a hint of bitterness.

La Maison Hérout, near Carentan (5), has been at the forefront of the production of high-quality organic cider here, the orchard growing 100% organic apples since the 1970s. This is a fine address at which to discover Cotentin cider.
www.maisonherout.com
<https://cidrecotentin.fr>



Normandy experiences: mini-adventures in the Cotentin

The Rando Crapahut (6) is a guided hike to help you discover the Cotentin's northwestern coastline, following steep paths across rocks and off the beaten track. Combining hiking with rock-climbing, this adventure allows you to follow the coast along narrow, rocky trails once exploited by smugglers and offering plunging views down on the sea.
<http://bit.ly/crapahut-hiking-cotentin>

Siouville-Hague (7) is a reputed surfing spot. With its fine sandy beach and exceptional exposure to the waves, it gives both beginners and seasoned surfers the chance to have a good go at the sport. This is an idyllic place at which to learn to surf!
<http://bit.ly/surfing-normandy>

Coasteering (8) is a sport midway between rock-climbing and canyoning, undertaken along the coast, with a guide. Coasteering on the Cotentin Peninsula offers a unique experience in France, giving participants such a thrill, what with the steep rocky paths along which you're led and the jumps you can make into the sea directly from the cliffs!
<http://bit.ly/coasteering-normandy>



© Thib's-Prod Lumiere-Marines-Prod



© Jerome Houyvet



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© Thib's-Prod Lumiere-Marines-Prod



© David Daguer

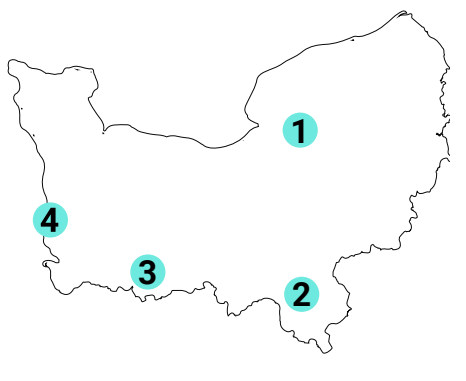
Reach the Cotentin by taking a **direct train from Paris to Cherbourg**, arriving well rested in Normandy!



© Jerome Houyvet



Magical trips to Normandy



Off the beaten track, Normandy conceals some enchanting surprises, including little thatched cottages, cocooning B&Bs, well-being sanctuaries and more... let yourselves be pampered here!

Stage 1:

DISCOVER A PROTECTED SEINE-SIDE MARSH, THE MARAIS VERNIER

Stretching across a former meander in the Seine, the Marais Vernier is a major wetland covering 4,500 hectares, located along an important migration route for birds. Set in the heart of the Parc Naturel Régional des Boucles de la Seine Normande, this marsh is known for its wealth of flora and fauna, storks notably stopping here. Far from the urban bustle, in 2016 this unique ecosystem was awarded the international Ramsar label, which, even if not widely known, recognises the work carried out by dedicated local participants to preserve this exceptional wetland. The award ranks the Marais Vernier alongside such prestigious sites as the Camargue, Brittany's Guérande salt marshes or the Mississippi flood plains.

The **Route des Chaumières**, a 53km-long tourist circuit, takes you along the great meanders in the Seine in Normandy.
<http://bit.ly/the-marais-vernier>

Les Cigognes du Marais, offering both gîte and B&B accommodation in thatched cottages, can lay on electric bikes for you to head out to discover this unspoilt natural area for yourselves.
www.lescigognesdumarais.fr

Environmentally-friendly

accommodation: **La Cabane Heureuse**, a 100% ecological Tiny House, makes an ideal cocoon for nature lovers seeking to rediscover the simple pleasures. Hire electric bikes on site.
www.gite-ecologique-normandie.fr



Stage 2:

THE MAGICAL PERCHE AREA

In the county, or département, of Orne in southern Normandy, Le Perche is a deeply rural area that boasts many attractions. Wandering around its petites cités de caractère, character-filled little towns, such as Bellême, La Perrière and Mortagne-au-Perche, spot chic antiques shops and pretty boutiques selling local craft and household items. At Bellême, it's even possible to enjoy 'forest bathing', for a relaxing time in the heart of nature, slowing down time. Dotted with charming accommodation, Le Perche is a perfect area in which to recharge your batteries.



La Bellême Bleue, with its elegant, colourful B&B rooms, welcomes you in the centre of Bellême itself.
www.labellemebleue.com

At La Perrière, a short way from Bellême Forest, the pocket-sized hotel, **Le Relais d'Horbé**, is like a refuge, with just seven rooms, renovated in 2020.
<https://lerelaisdhorbe.fr>

Recently put up on its hill, in the midst of meadows, **La Maison Perchée** opened its doors in May 2020. Built entirely of wood, it's thoroughly ecological, as well as including all the modern comforts.
www.perchedansleperche.com



A Normandy experience: the Domaine de Villaray, a hotel-restaurant in Condeau-au-Perche, boasts a spa that only uses local apple-based pampering products!
spapom.com / www.domainedevillaray.com

Stage 3:

DOMFRONT AND CULINARY DELIGHTS

Domfront has kept its medieval character down the centuries, with its timberframe houses and its narrow cobbled lanes lined with defensive towers and fine houses, not forgetting the vestiges of its castle. In the Domfrontais, the area below the historic town, the orchards grow not just renowned Normandy apples, but also pears. In fact, perry, a fizzy alcoholic drink made from pears, is produced here, as well a kind of calvados concocted from cider and perry, calvados domfrontais, recognised with its own AOC. **The Ferme de l'Yonnière** at Torchamp produces both perry and a pear aperitif called Pyrus.

www.fermedelyonniere.com

Close by, don't miss the **Ferme du Champsecret**, making organic camembert de Normandie cheese Delicious! www.fermeduchampsecret.com

Stage 4:

AN ENVIRONMENTALLY-FRIENDLY STAY NEAR GRANVILLE

South of Granville, in the Bay of the Mont Saint-Michel, the **Castel Camping Château lez Eaux******* is committed to implementing measures for sustainable development. Awarded the Clef Verte label, it's working to reduce its environmental impact while offering a wide variety of

possibilities on its 12 hectare estate, including chalets and tree-houses in which to stay, plus an aquatic centre. Just a short distance from both the Mont Saint-Michel and Granville, it's very well located for you to visit the Musée Christian Dior (on fashion) and the Musée Richard Anacréon (on art), to enjoy seaside walks and to cross the bay (with a guide) to discover the area's exceptional natural environment.

www.lez-eaux.com

A top tip: let Sébastien, a guide specialising in ornithology and nature, lead you in search of the fascinating world of marine fauna (notably dolphins and seals) and birds in the Bay of the Mont Saint-Michel. www.birding-msm.com

A Normandy experience: setting out from Granville, embark on oyster farmer Ian's boat to experience his daily life at sea, plus enjoy a canoeing tour of the Chausey Archipelago. <http://bit.ly/kayak-tours-chausey-islands>

Viewing points: the Grande Randonnée 223 hiking trail follows La Manche's coast, offering staggering views across to the Mont Saint-Michel, notably from the two Vauban huts (built for coastguards in the 17th century) on the stretch between Carolles and Champeaux, easily reached from the port of Granville. <http://bit.ly/hiking-trail-manche-coast>



Welcome to Normandy!

Normandy is a land whose past is fashioned by the sea. Steeped in our common history, Normandy invites you to go back in time to retrace the footsteps of **William the Conqueror** and to walk along **the D-Day Beaches**, the Coast of Heroes. Normandy is also **the home of Impressionism** and is famed for its cultural vibrancy.

With its stunning coastline, picturesque ports and beaches galore, Normandy offers unparalleled choices. **The Mont-Saint-Michel**, the Wonder of the Western World which dominates the surrounding landscape, remains a must see for all visitors. But for those who prefer the lure of the city, you are spoilt for choice between the historic delights of **Caen**, the medieval streets of **Rouen**, the harbour and marina of **Cherbourg** and the Unesco World Heritage site of **Le Havre**, famous for its post-war architecture. **Bayeux**, home to the world renowned tapestry and magnificent cathedral, is well worth a visit.

Nature lovers can head in land to get away from it all and recharge their batteries in the **idyllic Norman countryside**. Cycle along the rural ways, drive through the countryside of bocage hedgerows or just stop and wonder at the peace and quiet. Horse enthusiasts will be delighted to learn that Normandy is hosting **two national stud farms: Le Haras du Pin and Saint-Lô**.

And let's not forget that Normandy, **home of camembert and calvados**, is a true gourmet's treasure trove. How about taking the time to enjoy a typical local menu - a seafood platter with apple tart to follow, washed down with a glass of cider? If you prefer home cooking, venture out to the nearest market and feast your eyes on the wonderful choice of local produce.

A bientôt en Normandie!



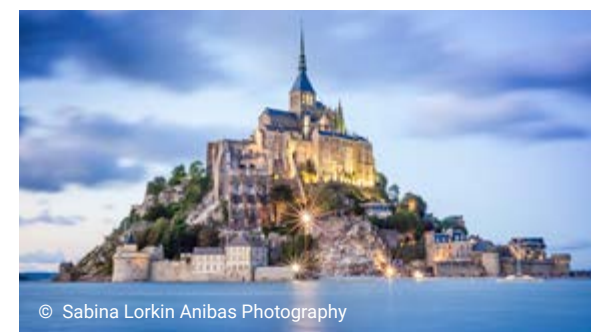
Normandy Numbers

Scandinavians represent the **9th most important group of international visitors** to Normandy. (Scandinavians spent 96.574 nights in the region in 2019, almost 50% of those nights spent here by Danes.)

6 members of the association Les Plus Beaux Villages de France (The Most Beautiful Villages in France)

are located in Normandy; explore Beuvron-en-Auge, Barfleur, Le Bec-Hellouin, Saint-Céneri-le-Gérei, Veules-les-Roses and Lyons-la-Forêt.

6 UNESCO World Heritage listings: the Mont Saint-Michel and its bay; the Vauban-designed fortifications on the Island of Tatihou; the Bayeux Tapestry; Point d'Alençon Needlepoint Lace; Le Havre (a port reconstructed in concrete according to architect Auguste Perret); Granville Carnival.



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NORMANDY

TOURISM

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